

Depression, fascination are culture shock symptoms

'Super Mom' helps foreign students adjust to new life

By Jan Olson-Kelley

The call came in from Chicago. "They lost my luggage, Miss James. What do I do?"

Claudia James said that calls like these are not unusual; she has had several of them in her 2½ years as the advisor for the international students at UNO. It's all a part of helping the foreign students adjust, she said.

James, who laughingly referred to herself as "Super Mom," said that she does a lot of counseling work with students who are experiencing culture shock — the initial adjustment and emotional reaction to a cultural change.

The symptoms of culture shock, said James, are insomnia, the feeling of not connecting, loss of appetite, fatigue, sadness and homesickness. They are the same sort of symptoms as depression, she added. There are definite stages that people experience, James said. It's like a cycle of highs and lows. The high points are arrival fascination, surface adjustment and integration acceptance. The lows are the initial culture shock, mental isolation and return anxiety, James said.

Arrival fascination starts before the trip to America and lasts about four to six weeks after the student arrives, James said. Everything is new and the students are like children, fascinated with all that they see.

After this starts to wear off, the students face initial culture shock. It begins with the realization that, "I've done it and now this is my life," she said. This stage usually lasts from three weeks to three months.

One of the first problems that many UNO international students complain about is the

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Pulling some strings . . . Carlos Guedes-Torres received a standing ovation for his guitar and harp solos performed at the International banquet held earlier this month.

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Neurotica

By Karen Nelson

... what Mom never told you

Our parents and teachers meant well, but most of them left us ill-prepared for real life.

While they would tell us to eat a good breakfast and never walk alone after dark, we have been left to struggle with life's important issues on our own.

To remedy this crisis, I have put together a list of things that no one — not your mother, not your first grade teacher, not even Jerry Watkins — will tell you until it's too late.

1: HOW TO GET RID OF RELIGIOUS FANATICS

I used to be a wimp around religious fanatics. At one point in my life, I used to be "saved" about twice a month by nice, clean-cut kids from a local Bible college. After all, they said this was part of their homework.

Traveling missionaries showered me with pamphlets and invited me to "discuss God's will" at prayer meetings. Old ladies would attempt to force me to accept Jesus into my heart at umbrella-point. A member of a cult once cornered me in the Old Market and would not release me until she pinned a brown, dried-up, crispy carnation on my shirt.

"It's an old Irish custom," she said. "It helps keep evil spirits away." Then she demanded \$3. Since she resembled the entire offensive line of the Dallas Cowboys, I gave it to her.

No more. There are ways to get religious fanatics off your back. Those who attempt to

interfere with your religion or lack of same are often confused by the following:

A: Quote the Bible back to them. This approach is for the knowledgeable who enjoy arguing with strange people. The strangest thing about the Bible is that almost anything you can quote usually has a verse which contradicts it. Depending on how much each of you knows about the Bible, the resulting debate can go on for hours.

B: Try to convert *them* to your religion. If you don't have a religion, make one up. It's worth it just to see the reaction to a statement such as, "Yes, I agree that chastity for young women is important. It's so hard to find virgins for the spring sacrifice these days..."

C: If all else fails, act innocent. A recent exchange I had with someone passing out pamphlets will show you what I mean.

Fanatic (shoving a pamphlet in my face): Here, read about how the Lord can redeem you.

Me (accepting the pamphlet, since he blocked my only means of escape): Thanks. Gosh, I've never met anyone who belonged to a cult before.

Fanatic: We aren't a cult. We're just trying to lead a sinful world out of the darkness, to show the world that we are in the last days, to...

Me (giving the Fanatic a wide-eyed, innocent gaze): But I thought *all* cults stood on street

corners and passed out stuff. I mean, someone who was sincere really wouldn't have to do that... would they? How do I know if you aren't waiting to brainwash me?

At that, the Fanatic slowly backed away.

2: HOW TO GET RID OF PICK-UP ARTISTS

Take the word "artists" with a grain of salt in this context. If these sleazes were any good at all, no one would know what they were up to until it didn't matter because you were having too good a time.

Usually, a simple "get lost, creep," will do the job. Drastic measures are sometimes required, however.

A: Lie. Explain that you are meeting your boyfriend or husband and that he's insanely jealous.

"I hate to think about the last time Moose saw me talking to a guy," you say. "Moose took one look, and... by the way, did I tell you that Moose's hands are registered as lethal weapons with the police?"

It's an old line, but then, so are most of the lines pick-up artists try on you.

B: Pretend (or reveal, as the case may be) that you are gay. This occasionally backfires, as there are some men who see it as a challenge. Most creeps who try to pick up women don't really want to work that hard at getting a warm body for the night, so they'll move on.

C: Resort to violence. Nothing too serious. A pitcher of ice-cold beer poured into a front pants pocket will do the trick nicely.

D: Act insane. Here is where a thorough study of the techniques of the religious fanatic will pay off.

I once had the misfortune of having a stranger sit next to me on the bus. Having someone sit next to me on the bus usually isn't a problem, but I started to worry when he insisted on explaining a sexual fantasy which included me, Cheryl Tiegs and a trained pony.

As repulsive as he was, I forced myself to look at him and smile. "Have you talked to God today?" I asked.

He stopped in mid-sentence. "Well, uh..." "I'm sure He'd love to hear from you," I said. His mouth dropped open, revealing green teeth and a breath smelling of sour whiskey. "After all, even the worst of us can be saved."

The creep moved to another seat.

This doesn't even begin to cover the kinds of things no one warns you about, of course. No one has ever really explained what should be done about salesclerks who won't let you look at anything without breathing down your neck or relatives who want to interfere with your private life.

But then, I can't be expected to know everything.

Review

Rock 'n' roll junkies get fix of both old and new Kinks

It used to be that whenever anyone mentioned the Kinks and rock concert in the same breath, one image popped into mind — stage brawls and drunken stage antics.

After all, aren't rock concerts supposed to be spontaneous, lively and loud? People look forward to a little craziness now and then, and the Kinks never let them down.

Brothers Ray and Dave Davies, the heart of the Kinks, are notorious for their on and off stage fisticuffs, brash attitudes and generally loud demeanor. Who can forget that famous concert a few years back when a stuporous Ray Davies sauntered up to the microphone during a gutsy rendition of *Lola* and stammered, "I forgot the f--- words!"

The distance spanned between the Kinks of old and the Kinks today has seen a number of changes not only in the band's attitude, but in the degree of musicianship displayed on stage.

What a crowd of 7,780 saw last Sunday evening in Lincoln's Pershing Auditorium was a polished, finely crafted rock and roll concert.

For nearly 2½ hours, the Kinks ripped with rapid fire precision through more than 20 of their legendary rock classics such as *Lola*, *A Gallon of Gas* and *You Really Got Me*.

Rock 'n' roll junkies got a heavy fix of the 60s music that

many in attendance were reared on, and the newcomers danced side by side with these nostalgic yuppies to a few as yet unreleased Kinks tunes.

Touring in the wake of their last LP "Give the People What They Want," the Kinks proved to their detractors that they have learned from their mistakes and rank with the best of today's road shows.

The Kinks' road crew was able to extract an incredibly clear sound mix from the usually dense and acoustically anemic Pershing Auditorium. Every note Ray Davies sang was bright, crisp and perfectly understandable, something of a rarity at most rock concerts.

In his typically thick British accent, Ray Davies sang the Kinks anthems with emotion and feeling, taking time to kneel down and stare into the crowd at his feet.

Most singers don't usually sound the same in concert as they do on record; usually they're worse because of poor acoustics or bad mixes. Ray reproduced the Kinks' sound perfectly.

Dave Davies also showed that he's no slouch on lead guitar. Hot licks and tight rhythms were characteristic of his playing the entire night, especially on *All Day and All of the Night*.

About half way through the show, brother Ray donned an

acoustic Ovation guitar and strummed the first familiar chords of *Lola* then abruptly stopped and told the crowd, "We're not gonna do that one." As he took off his guitar to the jeers and howls of thousands of spectators, he hollered into the mike, "Wait, let me explain." Followed by a long pause, he said, "all right, we'll do it." It was all a ruse, and they had done it before on their live album, but the audience loved it.

Besides the classics, Davies introduced a few songs from the album "State of Confusion" scheduled to be released in a few weeks. Highlights from the LP included *Come Dance With Me*, a song he wrote about his sister, an avid dancer. This was followed by *Don't Forget to Dance*. In the slower vein, Ray acted out the beautiful *Art Lover*, a sad-feeling song that still retains a feeling of hope.

All in all the band did a sensational job of jarring memories, creating new ones and satisfying a well-behaved crowd.

"Rocket," a five-piece band from Florida, opened the show with a 30 minute set of hard rock containing a mixture of originals and cover tunes. They did a good job, but the crowd wanted the Kinks and the Kinks they got — both barrels.

—Steve Penn

'Dramatic tension blown away by 'Inherit the Wind'

Inherit the Wind is a tragic disappointment. Playwrights Jerome Lawrence and Robert E. Lee used historical fact to create an intelligent, absorbing drama that deals with complex issues. These issues are obstructed by lackadaisical direction and strange casting.

One leaves the theatre feeling somewhat insulted.

The setting is an American small town in the 1920s. Bertram Cates (Robert W. Baker II) is a schoolteacher jailed for teaching Darwin's theory of evolution. He is in love with Rachel Brown (Nancy Cross),

the daughter of the community's religious leader, Jeremiah Brown (Rod Freeman). The local authorities acquire Matthew Harrison Brady (Larry French) to prosecute Cates. Brady was a presidential candidate and is well-known throughout the nation. Cates' lawyer is Henry Drummond (Matthew E. Kamprath), a man famous for defending controversial clients, and a former friend of Brady's.

Such characters and conflicts should make great theater.

They do not.

The pivotal role of Reverend Brown is portrayed by Rod Freeman who is black. The audience is asked to believe that a black man could be the spiritual leader of a rustic, nearly all white locality during the twenties.

One of the most important aspects of the play is that the people of this region are supposed to be simple and unsophisticated, which is why Cates is on trial in the first place.

If these people can embrace something as radical as a black

minister in an era when blacks were routinely lynched, they should have no problem living with the writings of Charles Darwin.

The two male leads are responsible for the best that *Inherit the Wind* has to offer. Larry French gives a superlative performance as the physically frail, emotionally empty Brady. In one of the few effective scenes that the production offers, Brady is put in the witness chair and promptly reveals his philosophical bankruptcy.

Matthew E. Kamprath is good as Henry Drummond, even though he does seem to stumble over a line or two.

Two first-rate performances do not make a first-rate presentation. *Inherit the Wind* is undisciplined and poorly organized.

Director Douglas L. Paterson seems distracted with the play's concept. This is sad because Paterson has been responsible for some of UNO's best productions (*Female Transport*, *Much Ado About Nothing*, *Annie Fontenelle*).

Gateway

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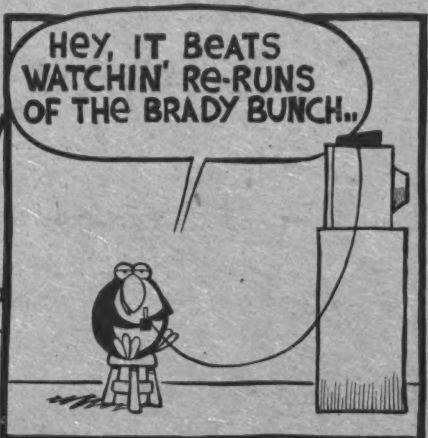
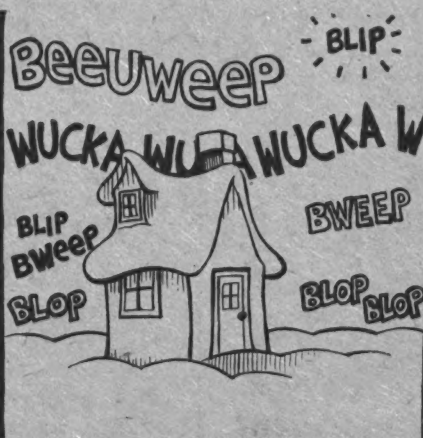
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PERRY



Review

Kung Fu! Critic karate chops 'Lone Wolf McQuade'

If Bruce Lee were alive and making movies today, one thing would be certain: Chuck Norris would have had to find a real job, far from the motion picture business.

Norris has remained a "star" only because of the huge void in the film industry which used to contain karate movies. Although he has never developed the theatric flair of Bruce Lee, and his acting talents rival those of a muppet, Norris stubbornly strives to create a karate hero whose legends could fill a series of movies. His latest film is his corniest yet.

Lone Wolf McQuade is a vain and lackluster attempt to establish Norris as a modern, austere, macho Texas Ranger not unlike the *Drifter* of Clint Eastwood westerns. Of course, Norris is so expressionless that he makes East-

wood look like Marcel Marceau by comparison. On top of that, McQuade is, in no uncertain terms, a sordid, beer-drinking, unmanageable slob whose only nice quality is his righteousness ... not the sort of guy you'd want your kids to model themselves after.

Indeed, karate was the only merit of Norris' past movies. This time, despite the casting of David Carradine (formerly of the *Kung Fu* TV series) as the villain, there is less karate action than ever before - certainly not enough to warrant a martial arts subtitle, which is noticeably lacking in the advertisements. Furthermore, Norris' brand of karate is more self-defense than martial art, with movements as predictable and economical as those of a robot; and Carradine was always more of a ballet dancer than a martial artist, anyway.

Does the movie have any good qualities at all? Well, action is surprisingly scant, and the violence is mild enough to allow a PG rating. The screenplay is hackneyed, unromantic, and humorless. Carradine is about as terrifying as all the bad guys in the *Batman* series rolled into one. Barbara Carrera would make a beautiful lawn statue, but her acting is terminally blah. And the rest of the co-stars are simply uninteresting stereotypes. Apparently, then, the film's redeeming qualities are too deep for me to discern.

Despite all these faults, the worst part of the movie is the soundtrack. Realizing the limitations of his acting crew, director Steve Carver chose to fill two-thirds of the movie with music rather than words. This valiant attempt to send shivers of emotion up the audience's collective

spine during feats of courage fails miserably; the music is so loud, so dramatic, and so insipid that it only serves to highlight the ridiculously conceived triteness of the whole movie.

One other feature so often present in Chuck Norris movies is the conflict of good versus evil common to James Bond flicks. In *Lone Wolf McQuade*, the triumph of good over evil is fatally diluted by the fact that, in the end, nearly all the good guys get killed or maimed, while the bad guys may still be alive (to allow for a sequel). At least James Bond gets his man.

This movie is obviously geared for the 8-years-and-under crowd, and unless I miss my guess, very few 8-year-olds are reading this. So don't waste your money on this movie - it's not even worth reduced admission prices.

—Fred Fredricks

Letters

To the Editors,

In refutation to Roger Hamer's article appearing in Wednesday's *Gateway*, I would like to offer my own perspective on the actions of UNO's student leaders regarding the pending NU budget cut.

- Hamer said the Student Senate and NSSA should have lobbied against LB 628. Wrong! LB 628 called for a \$10 million budget increase. Is Mr. Hamer suggesting students rally against this increase?

- The DeCamp amendment to LB 628 is what cut the NU budget. He introduced the amendment on Wednesday, April 13. We could not lobby

against the amendment prior to its existence.

- Senate action began immediately. A student senator began working on a petition against the budget cut *hours* after it was introduced by Sen. DeCamp.

- Hamer contacted CAO Renee Duke for LB 628 information. Her job is to run the daily functions of the SG-UNO "office," not to address issues.

- Hamer did not contact me. I was at the Capitol Thursday morning monitoring LB 628. I was at home the rest of the afternoon.

- As the title implies, student senators are students first, senators second. We also cram for exams and other

seemingly unimportant tasks.

In closing, Mr. Hamer should get all the information before he publicizes his opinion. Student Government is working hard to fight the budget cut.

We certainly welcome suggestions.

Guy Mockelman
Speaker

UNO Student Senate

Editors' Note:

We did not contact Guy Mockelman since CAO Duke said she would call an executive session to discuss LB 628. Also, the senator began work on the petition only after the *Gateway* suggested the idea.

"Notice to Students"

Effective with Fall, 1983, the minimum deposit for registration will be \$207 or actual tuition and fees, whichever is less.

Watch for the Hateway

The *Gateway's* lampoon issue, the *Hateway*, will be appearing April 29. The last actual news edition will be published April 27; all "What's Next" briefs and news items must be forwarded to the *Gateway* office by Friday, April 22.

*Thinking of running an ad in the paper? Purchase space in the most well-read issue of the semester! Legitimate ads will be sold for the lampoon edition; deadline is April 25, 2 p.m.



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NORTHWESTERN MUTUAL LIFE • MILWAUKEE, NML

Only little boys should play with guns

By Joseph Brennan

Before it decided to get into the electronic games market, the Mattel company established itself as one of the premier manufacturers of toys for children.

When I was a child, Mattel seemed to come out with all the necessary weapons a kid could want: pop guns, dart guns, six-shooters, rifles, and its "automatic" machine gun.

The Mattel machine gun worked like this: One knob on the right side could be cranked back to the desired length. You took aim with a professional-looking sight, and then pulled the trigger.

Opinion

Rat-a-tat-tat. Rat-a-tat-tat. The gun had a little box which recreated the sounds of *Combat* and *The Gallant Men*, my favorite television programs at the time.

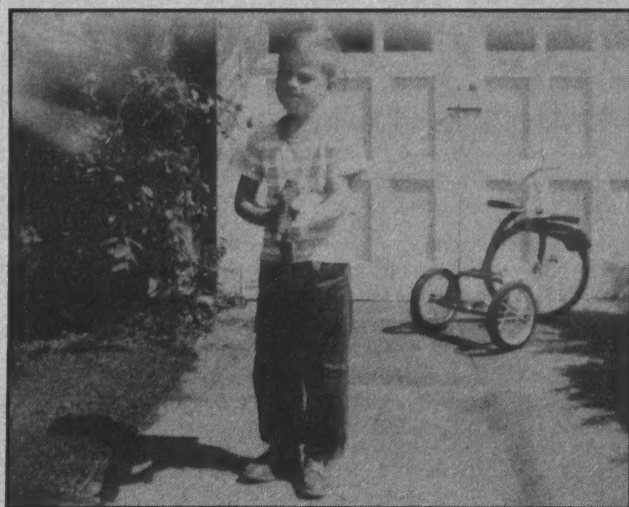
The machine gun looked sharp, too. Sharp enough to give a 7-year-old a feeling of immense power as he went hunting for neighbor kids to play war with.

If I could be 7 years old again, I'd probably play with a machine gun. Although some parents don't want their kids playing with guns, I'd advise them not to worry. Boys are usually an aggressive lot, and if they can expel their energies with a Mattel machine gun, as opposed to putting out a playmate's eye with a stick, more power to them.

Unfortunately, some boys never grow up. They remain fascinated with the power that toy guns gave them.

Consider, then, a recent story on a local television news program. The City of Omaha is interested in outlawing the ownership of real machine guns. If you're surprised that it's legal to own a machine gun in Nebraska, don't be: According to the story, approximately 400 Nebraskans own machine guns, 200 of whom live in Omaha. A license to own one costs a mere \$200.

Cameras followed three or four machine gun enthusiasts to the outskirts of Omaha to see exactly what one does with



You're dead . . . The author in 1963, defending the rights of machine-gun owners.

machine guns. Viewers saw the men shoot at white targets without bull's eyes and at a stream, the latter apparently a new way to fish.

The men said using a machine gun for "sport" is no different than jogging or bowling. When asked what would happen if one of their machine guns was stolen, one man replied that cars are stolen all the time, sometimes leading to the deaths of innocent people.

One assumes that these men would have no objection to the ownership of, say, bazookas or grenade launchers.

So if you're interested in gun control, my advice is learn to accept the 7-year-old mentality of machine gun enthusiasts. Use the same common sense you do when resisting the urge to flip off a reckless driver or to confront a next-door Nazi whose parties get too loud. Far better for the machine gunners to shoot fish outside the city limits than to shoot up your neighborhood.

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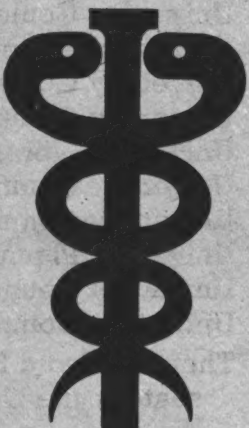
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UNO professor recovers from anorexia and bulimia

By Mary Ellen Maertins

"It can happen to anyone," said Dr. Mardie Burckes, professor of health, physical education, and recreation at UNO.

It happened to her. Although she is now fully recovered, Burckes was, for nine years, a victim of two serious eating disorders that she said are spreading rapidly on college campuses: anorexia nervosa and bulimia.

The definition of anorexia nervosa is long, complicated and involved, said Burckes. It's commonly known as self-starvation, said Burckes, "but it's much more than that."

Bulimia is commonly referred to as the binge and purge syndrome, said Burckes. People eat a large amount of food in a short amount of time, and then purge the body. Common methods of purging, she said, are fasting, vomiting, heavy exercise, and taking laxatives and diuretics.

Burckes: In both disorders the person has a distorted attitude about their body. They are totally obsessed with food or anything related to it. They're constantly thinking about it — recipes, diets, calories, weight.

Burckes said that she is always hesitant about speaking to a group or a reporter. "It's hard because you don't know if you're giving people ideas . . . hopefully you're giving the risk factors," she said. She stressed that these are not diets, but serious disorders, caused by many factors: psychological, physiological, and environmental.

The death rate for anorexia, she said, is two to 20 percent of those affected.

Burckes said many former victims suffer a stigma similar to alcoholics. "You're always a recovering anorexic, or a recovering bulimic," she said.

Although there is still no known cause for anorexia, Burckes said researchers are finding definite physiological causes for bulimia, and it is now recognized by the American Psychiatric Association.

Statistics show, said Burckes, that there are currently about 280,000 anorexics in the U.S.; 92 percent of these in the 11 to 60 year old bracket, with the highest occurrence between the ages of 13 to 22.

The anorexic, said Burckes, is in most cases, a "compliant, pleasing type person." In childhood they were often over-achievers, she said.

One in every 250 females in the 12 to 18 age range have anorexia, and Burckes said it is expected to increase to one in every 100.

Although it has been labeled a female disease, statistics show that one out of every ten anorexics is male, said Burckes, "and it could be higher than that." Bulimia is even more common among men, she said.

Fifty percent of anorexics are bulimic, said Burckes, although the reverse is not necessarily true. An estimated 20-30 percent of college-age women have used bulimia as a means of weight control, she said.

Why? "Just look in any magazine," said Burckes. "You're no good unless you're thin. That's what you get from movies, television, advertising."

Bulimia, she said, is common with people involved in sports — dancers, gymnasts, wrestlers, and also in modeling and acting — wherever there is a pressure toward weight control.

"There are many closet bulimics," said Burckes. "No one knows about them." Unlike anorexics, she said, many are average weight or overweight.

In both disorders, said Burckes, the person has a distorted attitude about their body. "They are totally obsessed with food or anything related to it. They're constantly thinking about it — recipes, diets, calories, weight . . ."

The earlier these eating disorders are diagnosed, the better the chance of recovery, she said.

For warning signals in friends, Burckes said to watch for people who:

- constantly talk about food
- have eating rituals such as dropping a certain food group or eating only a certain food group
- drink diet soda only, and by the case
- exercise beyond normal
- complain of sleeping problems
- suffer frequent emotional highs and lows (related to nutritional imbalance)
- withdraw from friends (with whom they have become boring due to their obsession with food)

Often, too, in women, said Burckes, the menstrual cycle will be irregular or even stop for a period of months or years.

Burckes stresses that it is important to know that people don't behave this way on purpose. "With anorexia, diet controls them," she said. "You just can't say, 'eat that'."

There are only four or five eating disorder clinics in the U.S., said Burckes, and the University of Nebraska Medical Center plans to open another one in Omaha May 1. Burckes said services will include both inpatient and outpatient treat-

ment, support groups, psychotherapy, and nutrition counseling.

There is currently a support group which meets Thursday evenings at the Swanson Center for Nutrition at the Med Center, she said. People with eating disorders are invited to attend at 5:30 p.m., while relatives and friends meet at 7:30 p.m.

"I would like to start a support group here on campus next fall," said Burckes. She encouraged anyone interested to leave their name and address with her in the HPER department. The telephone number is 554-2670.



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A long way from home

Nigerian enjoys America but longs to go home

By Pam Swisher

Shehu Zubairu begins his day in Omaha the same way he does in his hometown of Zaria, Nigeria.

He wakes at 4:45 a.m., says his morning prayer, showers and goes to school.

The 27-year-old UNO student came to America three years ago and will return home when he graduates in May.

Zubairu attended college in Nigeria before coming to UNO on a scholarship. He said his arrival in Omaha was very chaotic.

The admissions office at UNO had assured him someone would be at the airport to welcome him.

When he arrived, no one was there and no accommodations had been made. Luckily, said Zubairu, he had the UNO foreign student advisor's phone number and was able to get instructions from her.

Zubairu said he had a difficult time at first adjusting to UNO. "Without dormitories or student hostels it is very difficult for foreign students to get settled. In order to ease tension and stress on foreign students it would be helpful if UNO had some sort of accommodations," he said.

Zubairu said he has enjoyed his stay in the United States, but will be glad to go home. He said he finds many U.S. customs strange. A notable difference, he said, is family relations.

Nigerian fathers are always placed in a position of reverence and the position is never questioned, Zubairu said. "I can speak my mind and my father will listen, but, if after listening he still disagrees or says no, I would never question him."

Zubairu has spoken English since elementary school. Prior to 1960 Nigeria was in the hands

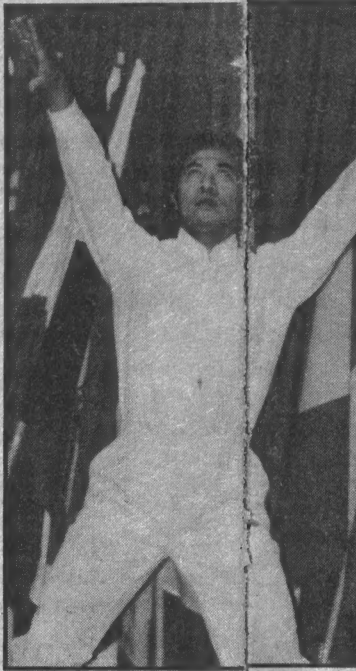
of the British. In order to have a unified language and to aid in communications, the country adopted English as the main language. Three tribal languages still remain in use, however.

Zubairu said he likes the United States and the people, but strongly disagrees with the U.S. foreign policy. He said he dislikes the United States interfering with the ways of independent countries.

"Each country has its own customs and it's wrong for the United States to impose their traditions on them," he said. He said each country should be respected for its distinctiveness.

After graduation Zubairu said he will return to Nigeria to work in a television station to use his broadcasting degree.

"I want to use the knowledge I've gained and put my share into Nigeria, a developing country," he said.



Master Steven Yin

Peruvian finds independent Nebraska life attractive

By Cindy Gonzalez

"Nebraska isn't as bad as some people say; it is not too expensive, and there are always things to do. I never get bored," said Mirtha Aguilar.

Looking through the eyes of Aguilar, a 19-year-old student from Peru, it becomes obvious that many Americans take their lifestyles for granted.

"I always wanted to come to the United States. It was a dream I've had since I was small," said Aguilar. American universities have very prestigious reputations overseas, but few people get the privilege to study in the United States, according to Aguilar, an international management major.

Obtaining a student visa is a very time-consuming and complicated procedure, she said. The student's family must be able to provide the student with living expenses and tuition. According to student visa guidelines, an international student is not permitted to have a job, said Aguilar.

"We have an advantage in college because we don't have to work, but American students have the advantage of reading and writing English fluently," she said.

Aguilar said the aspect of college she enjoys most at UNO is her independence. Coming from a strict family and environment, the ability to make her own decisions is an improvement in her life, she added. As a member of the International Student Organization, and through her classes, she said she has had many new experiences. She also has made a lot of friends.

"One thing that was a shock to me was the terrible food here," she admitted. At her country house in Peru, it is common to kill an animal and have fresh duck, pork and turkey

that evening. Women normally do not work and are able to spend hours cooking a complete meal. In America, however, people are busy with work schedules and are pressed for time, she said. "I do love whoppers, but after a while you get sick of them," she said, laughing.

A prevalent difference between U.S. universities and Peruvian universities is freedom of expression, Aguilar said.

It is strange to watch public protests and riots, she said. Students of public colleges in Peru, which are governed by communist groups, do not consider speaking against the government. "It is very dangerous," she said.

Private universities in Peru, like the one her brother attends, are more liberal, said Aguilar, but colleges are scarce. Aguilar said she wanted to attend a liberal college, but about 8,000 students apply annually, and only 200 to 300 are accepted.

After graduating from high school, Aguilar traveled along the east coast and stayed in New York with an exchange student who had lived with Aguilar's family for seven months in Peru. She then arranged to meet her sister in Nebraska and both enrolled at UNO, she said.

"Having my sister here makes it a lot easier," Aguilar said. She added that they help each other and it has made the adjustment process easier.

"I don't work, but I am very busy studying and trying to attend all the activities I can on campus," she said.

Aguilar said she hopes to return to Peru after graduation. She said she plans to work professionally in Peru, but her foremost desire would be to represent her country and work in the United States.

UNO International Banquet 1983



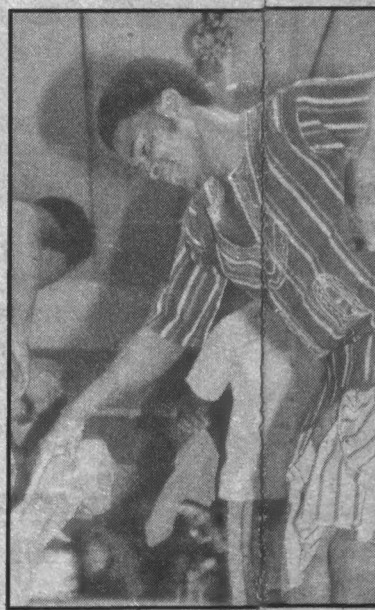
Bruce Anderson

Koder Abou-nasr



Anne Johnson

Mirtha Aguilar



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Innocent Onalete

(continued from page 1)

feeling that "you're speaking a language that people should understand. The students just get tired of trying to explain themselves," James said.

Once through the low cycle of initial culture shock, James said the students climb to the stage of surface adjustment. At this point, the foreign students know how to do basic things, such as getting to and from Hinky Dinky. The student knows what is expected and they may have made a few friends by this time, she said.

"It's wonderful to see this phase. Students who come over together start sitting together in the student center. This is where the genuine education process is happening," James said.

Identity crisis

The next stage in the process is like the initial culture shock only it's more profound, James said. The student is dealing with an identity crisis. Feeling really alone, he has to decide who he is in terms of his original culture and the new one, James explained. If social needs are not being met, she said the student withdraws and spends time alone. This usually happens six to 12 months after arriving in this country, she explained.

"By now they're really missing home. This is a time of re-

evaluating what's happening," James said.

The final peak of the adjustment process is integration acceptance, James said. This is when the international student is choosing the things he likes about America and saying, 'No, thank you,' to others.

Return anxiety

Finally, as the trip home approaches, the international students have to face return anxiety, James said. He may have been here for three or six years and has made it through the other stages of culture shock. Now he has to go back home a changed person, she said.

"There are practical concerns in this stage," James said. "For instance, take a female from India or Southeast Asia who has adjusted to an autonomous lifestyle. How will she go home when she's expected to be a particular kind of person? Or the male who has made the adjustment, and now he is expected to return home and marry his fiancée, perhaps chosen by his family, who has been waiting for several years."

"After they return home, it's like they have a stamp on their forehead that says, 'Been to America,'" James said.

Being in America has somehow made them different in the eyes of their countrymen, she said. "In some countries, this

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'Super Mom' helps foreign students adjust

ISS Director Kia hopes to apply for citizenship

By Pam Swisher

"If I went back now I would have no choice but to stay," said Parandeh Kia, director of International Student Services.

She has not seen her family and friends since her last visit to her homeland, Iran, three years ago. Since the takeover of the Ayatollah Khomeini regime, the country has been under strict governmental control.

"In my opinion, government should have nothing to do with religion. The new regime of Iran tries to teach the people about their ethics and how to live their way. Occurrences like executions without a trial and public lashings are common now," Kia said. "When I speak to my parents they are afraid to say anything; communications are always censored."

Kia has been in the United States since 1977, when she made connections with an uncle living

in Chicago. He made arrangements for her to live with a family in Stanton, Iowa, where she attended high school.

She is now a student at UNO, majoring in broadcasting and international studies while serving as the director of International Student Services (ISS).

To promote the ISS, Kia would like to have an activity at least once a month. The only problem is that because of the tight budget, ISS would have to sell tickets to provide funding for the event, said Kia.

Although the center gets \$5,000 for its budget, Kia said it all goes to the student groups under them and little is left for the ISS.

Kia said she has enjoyed the position of director and hopes to continue with the job next year. She said she would like to see some new programs implemented to help foreign students

become adjusted to UNO.

Kia said she still has many ideas to contribute as director. "I will not stick with this post once my ideas are worn, but for now I have much more to offer," Kia said.

She hopes that local people do not look at the foreign students as a burden on society. "When they come here, they buy cars and other products and put money from their homelands into the economy here," Kia said. "Only about 20 percent of the students stay in the U.S.; most of them go back to their countries."

Kia hopes to be one of those students remaining in the United States. After graduation, she wants to apply for citizenship and acquire a job here.

She said she hopes the day will come when the government of Iran will ease up and allow her to visit her family.

Oriental student takes ideas back to Japanese friends

By R. G. Raposa

Katsuaki Yamana said he came to the United States "to study geology, make new friends, and gain better knowledge of the world outside of Japan."

He is from Shizuoka, Japan, 100 miles southwest of Tokyo, and Omaha's "sister city." He chose to attend UNO, although he had investigated schools in Iowa, Indiana, and elsewhere. "UNO responded first, and I felt it would be a good place to study," said Yamana. "I also was interested in the Intensive Language Program here."

Yamana, 24, speaks fluent English, and he credits the Intensive Language Program for helping him improve his language skills.

"In Japan, English is compulsory from 11th grade through the second year of college," he said. "We are taught much about grammar, sentence structure, and vocabulary, but conversational aspects are lacking."

While adjusting to life in a foreign country has posed some problems for him, Yamana feels he was well prepared for life in America.

"In Japan we are exposed to information about America and Americans," he said. "There are many documentaries about the United States, and many magazines focus on various aspects of America."

Yamana said that there are many American television shows which have aired in Japan over the years. Most Japanese know that what they view is not reality, but really is "just for fun."

But even with his preparation, some parts of his American experience surprised him, he said.

"American food surprised me," he said. "There are so many fast food places and it seems to be a big part of the American diet."

He was also surprised that so many people wanted him to know about Christianity.

"I felt pressured at times, especially my first year here, to learn about Christianity," he said. "In Japan, religion is of less importance than society... in a way, society is religion itself."

We have a great misunderstanding in Japan of the concept of Christianity."

Yamana has been associated with the International Student Services since he arrived in 1981.

"It helps with such problems as language and cultural differences. Since we are here, we need to fit in... Americans expect that," said Yamana.

Even with the help of the ISS, Yamana said foreign students face problems dealing with Americans.

"Students are no problem," he said, "but we still don't know how to talk to the typical American family, and they to us."

While he has enjoyed his experience in America, he said he does miss life in Japan and plans to return to Japan next year.

"I will be 26 by then, and I feel that is the maximum age for me to be able to go back and re-integrate with Japanese society," he said. "All my friends have graduated and are employed; some are married."

In Japan, attitudes about careers are distinctly different from those in America. In Japan, it is not unusual to have a lifelong association with one employer. There is much more societal obligation for employers to provide for their employees and for employees to be loyal to their employers. It is almost a "family."

"Many employers provide housing, total insurance coverage, and recreational activities," said Yamana.

He looks forward to sharing his knowledge with his friends who await him in Japan. Friendships tend to be much more formal, ritualistic and lasting in Japan compared to the same relationships in America. Yamana said his friends each learned a different discipline in college, partly in order to share their knowledge.

"I need their knowledge," he said, "and I can share my knowledge, especially of America, with them."

500 gather for music, dance, food and festivities

Bruce Anderson

Parandeh Kia

Bruce Anderson

Shehu Zubairu

stamp means that the student may be suspected of sacrificing cultural convictions or loyalties.

"I think the hardest adjustment in going home is with the families. This seems to be more profound because in some cultures the family is more emphasized than it is here. It often extends to parents, grandparents, cousins, aunts and uncles," James said.

International students get tips on how to handle the stages of culture shock at orientation, which is held at the beginning of every semester, James said.

First welcome

It's important to try to get the students into orientation right away because it helps them in their adjustment stages, James said. Orientation is also the first way of welcoming international students and it helps them get into a support group.

Students who have been at UNO, who have already been through some of the adjustment stages, help out during orientation week, James said. Talking about their own experiences, these "old hands" explain how to survive in American academia, how to get used to the American diet, where the oriental food store is, how to get around in Omaha and how to establish a social life, James said.

Because the American culture is so different from their home culture, James said she invites the international students to stop in and talk with her if they are having health, academic, personal or financial problems.

Trial and error

James said that she has had some problems of her own in her job. She learned about all of the various cultures more or less by trial and error. For example, in various cultures it is considered impolite to have excessive eye contact. She said she has learned to know which cultures consider this to be impolite.

James said there is no office on campus for immigrants and refugees. "They have special problems and needs. It's a whole different thing knowing that you can't go home," she said.

James said she counsels approximately 372 students from 39 countries who are enrolled at UNO. This December 1982 figure is not an exact count of all international students, she said. The statistics that James provided only show the students who are here on a student visa.

Of these 372 students, there are about 150 students who are immigrants and refugees from countries such as Vietnam, Laos and Afghanistan.

Students who are in the Intensive Language Program are not

included in the figure of 372, she said.

UNO international students represent the following countries:

Afghanistan	1	Lebanon	13
Brazil	1	Liberia	1
Bangladesh	1	Mexico	1
United Arab Republic	1	Malaysia	26
Ireland	1	Nigeria	35
West Germany	2	Peru	2
Ghana	1	Philippines	4
Greece	2	Puerto Rico	1
Guinea	1	Saudi Arabia	4
Hong Kong	2	Singapore	1
Indonesia	2	Sudan	2
India	4	Syria	5
Iran	45	Trinidad/Tobago	1
Israel	1	Thailand	1
Italy	2	Turkey	2
Japan	12	Taiwan	5
Jordan	21	United Kingdom	2
Kenya	1	Venezuela	6
South Korea	2	Zambia	1
Kuwait	5		

Therapy founder: psychoanalysis increases problems

By Anne Johnson

All human beings are out of their minds, according to Albert Ellis.

The 72-year-old founder of Rational Emotive Therapy (RET) was in town recently to conduct a workshop for educators. Ellis told the group of approximately 350 that RET had replaced the non-directive counseling approach of Carl Rogers to become the most practiced form of therapy in the United States.

A New York therapist, Ellis founded RET in 1955 while practicing psychoanalysis. "I thought psychoanalysis was deep therapy, but later decided it was asinine," Ellis said. "The Freudian approach to therapy gives people two problems for the original one."

Ellis said he tried to revise psychoanalysis, and later abandoned it to form his own type of therapy.

Active Therapist

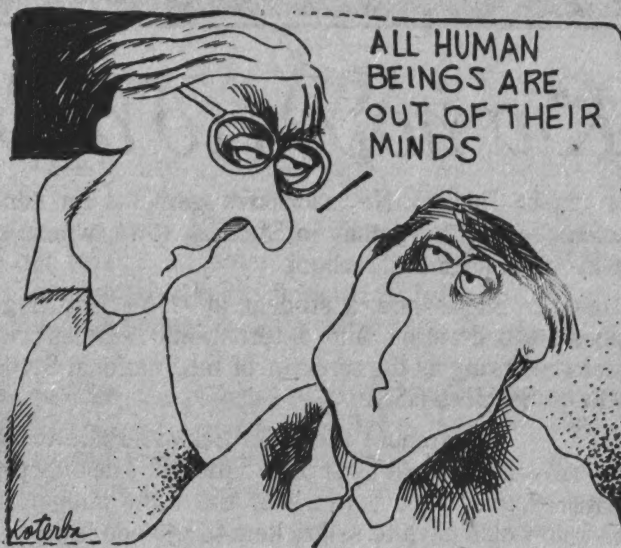
Also known as cognitive behavior therapy, Ellis said RET is a combination of philosophy and behavior therapy. "It is a scientific method which rips up irrational beliefs," he said.

"It is a directive form of therapy in which the therapist takes a very active role in disputing the beliefs of patients."

A common belief, Ellis said, is that humans must be perfect. "Practically everyone takes the desire to be perfect and makes it into a necessity." This is true, Ellis said, of "looks, writing, physics — anything."

Problems occur when a person believes he *has* to do well. Ellis said. "Many believe 'if I don't do well, I must be an awful person,'" Ellis said.

This thinking works against a person, he said. "The more you have to do well, the more anxious you become about doing well and you then cop out or do poorly."



Ellis said RET teaches a person to "change the haves to a desire, wish or preference."

By adopting this philosophy, Ellis said a person can say 'I desire to do well, but if I don't, tough shit.'

"Your human worth is not at stake if you fail," he said.

The author of 46 books, Ellis said he is proof that RET works. He said he first practiced the method on himself at age 19.

"I had a fear of public speaking," Ellis said. "I forced myself to speak in public to overcome this fear. You have to make yourself uncomfortable to get comfortable."

After he overcame his fear of public speaking, Ellis said he decided to tackle his fear of sex and love.

"I could never approach women," he said. "Finally I said 'screw this, I'll get over this if it's the last thing I do'."

130 women

Ellis said he approached 130 women in the park and 30 ran away immediately. "I spoke to 100 women, however," he said. "I was able to make a date with one and she didn't show up."

But, he added, "I got completely over my fear of approaching women. I had 100 pleasant conversations."

Eventually, Ellis said he approached an additional 200 women and had several dates.

The most important idea of RET is that humans are born with a desire to change themselves, self-actualize themselves, Ellis said. RET teaches a person that he is not awful if he fails.

Ellis said he counsels about 80 individuals a week and conducts six weekly therapy sessions.

Patients range in age from 8 to 85, said Ellis, with a 50-50 ratio of men to women.

Saving students

In a personal interview, Ellis said he sees many students. "I have saved hundreds of them from dropping out."

"Students have two main problems," according to Ellis. He said they suffer from test and grade anxiety and have self-discipline problems.

Ellis said test anxiety occurs when a student says 'I have to do well and be approved by my professors. If I don't, I'm no damn good.'

"You should desire to do well," Ellis tells students, "but don't let it escalate into a dire necessity."

Concerning self-discipline, Ellis said it is necessary to "do unpleasant things to get a degree. It's hard to do homework and term papers," he said, "but it's harder if you don't do it. 'It's a question of being a graduate or a waitress.'"

Anyone can benefit from RET, according to Carolyn Morley, clinical therapist with the Sarpy County Mental Health Clinic.

Morley and Joe Bertinetti, associate professor of counseling and special education at UNO, use RET techniques to counsel clients.

Both teach an advanced practicum for graduate counseling and guidance majors.

Persons interested in RET should contact the UNO counseling and special education department at 554-2727.



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Sports

Gates says 16-game stretch is just what Mavs need

On paper, it looks like a brutal, grinding stretch. In a nine-day period that began last Monday, the UNO baseball team plays eight double-headers, including one against Creighton and two against UNL, both nationally rated Division I schools.

But Maverick Coach Bob Gates said it's just what his team needs. Through Tuesday, his team had been able to play only 15 games. After double-header losses to Creighton and UNL Monday and Tuesday, the Mavericks' record stood at 3-12.

"We're ready to battle," Gates said. "If we get these ballgames in now it's really going to help us come together."

Gates feels the Mavs' season record is not indicative of the quality of the team.

"We're a better club than that," he said. "There are four games we should've won."

Of the 12 losses, Gates said, nine have come to nationally ranked Division I teams (Murray State 5, UNL 2, Creighton 2).

"The main thing is I've got to keep the kids up. We're much better than we've looked," Gates said.

Gates doesn't expect the nine-day stretch to put a strain on his pitching staff. He is counting on Dan Prusha, Larry Klein and Ron Siwa, normally the starting third baseman, shortstop and right fielder, to pitch. "They're gonna have to do a job for us," he said.

It's the Mavs' hitting that has Gates most concerned right now. The Mavs managed only seven hits in losing to Creighton 10-3 and 11-1 Monday and had just four in losing 5-3 and 5-1 to UNL Tuesday.

"That concerns me, because you have to score runs to win," Gates said.

The Mavs made the most of their three hits in the opener against UNL, scoring two on a double by Siwa and one on a single by Prusha.

Gates said pitcher Barry Park helped keep UNO in the game. In his first outing since March 23, Park tossed a five-hitter over nine innings.

The Mavs managed only one hit in the nightcap, Klein's solo homer, but pitching again kept the Mavs close.

With John Weatherly on the mound, UNO trailed only 2-1 entering the bottom of the sixth. He had some wildness problems from there, leaving the game after walking two and hitting a batter to load the bases. UNL's Dave Bailor then cleared the bases with a triple off Mike Hlavacek.

Wildness plagued UNO against Creighton, as Mav pitchers walked 21 batters in the double-header.

"Walks killed us," Gates said. "You have to get the ball over the plate. Even Pete Rose is going to fail two out of three times."

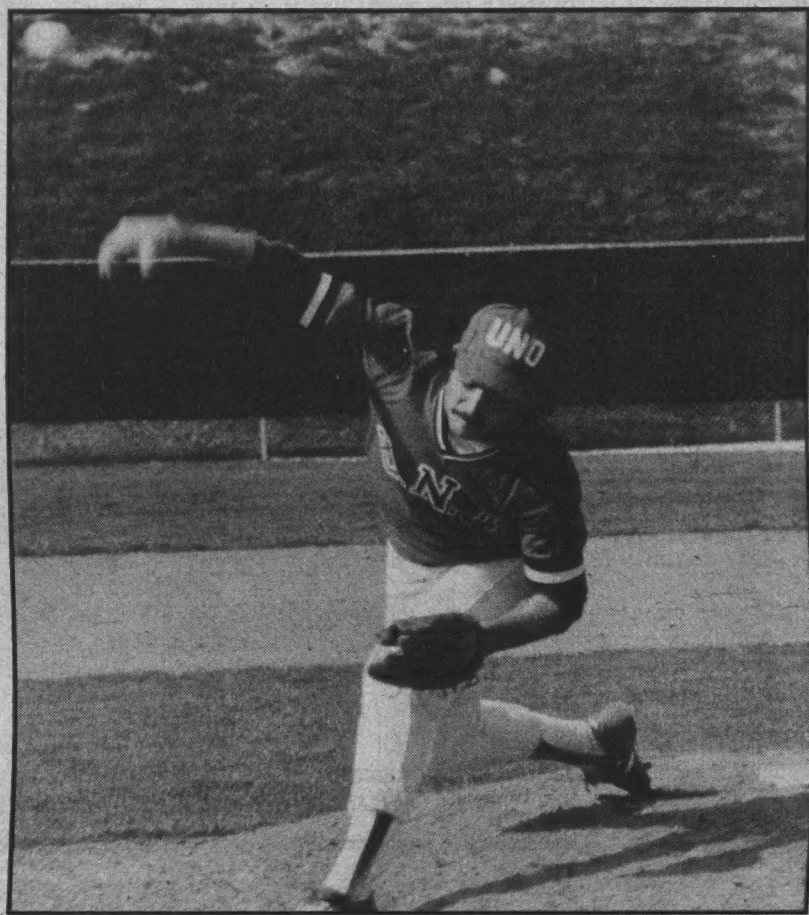
Gates is hoping the games this weekend will solve most of the wildness problems.

"I think a lot of it has to do with the fact we haven't been on our field for five weeks. Our pitchers just haven't been able to throw enough."

The Mavs face Dana today in Blair, Bellevue Saturday in Bellevue, Northwest Missouri at home Sunday, Bellevue in Omaha Monday and Creighton at home Tuesday.

Winning those games is not all-important to Gates, though he said he'd like to. He mainly sees them as a tuneup for a crucial four-game conference series with Morningside next weekend. He said that series will decide the Mavs' post-season fate.

"It's going to determine whether we get the home site or even make the playoffs," he said. "We're gonna have to sweep to get the home site and win three of four to make the playoffs."



Bringing it home . . . Joe Mancuso pitches against Creighton.

Chris Mangan

Mavericks' John Walker 'nervous as hell' about NFL draft

By Henry Cordes

If John Walker doesn't know, who does?

"If you want to know some information about the NFL draft, I don't know anything," the UNO defensive tackle said.

"I don't know who is gonna draft me or when they're going to draft me. All I know is that I'm nervous as heck waiting for it."

The wait for the Maverick All-American ends Tuesday when the National Football League holds its annual draft of top college talent.

Walker is trying to downplay the importance of the draft, though he knows it will decide where he will play and in a way determine his chances of sticking in the league. If he is drafted by a team with a wealth of talent on the line, his chances of sticking would be reduced.

But the round he is chosen in, he said, makes no difference. "I wouldn't say I don't care where I'm drafted, but the draft isn't the important thing," Walker said. "Making the team is what is important."

Walker's agent, Jerry Argowitz, said he sees his 6-7, 270-pound client as a late second-round or early third-round selection in the NFL draft.

Walker was only a 12th-round selection in the United States Football League's first draft in January.

Walker said he is not disappointed in his low selection. He said it is misleading, because there are only 12 teams in the USFL while the NFL has 28.

He's not disappointed in his decision to pass up the USFL.

"When I watched the (USFL) games, they didn't look intense"



Walker

Walker said. "They're really not that exciting. They look like another college game to me."

Since passing up the USFL, Walker has played in the Senior Bowl College All-Star football game and attended four NFL mini-camps.

Walker saw the Senior Bowl as a big test for where he would go in the NFL draft, because he would be matched up against some of the best college seniors in the country.

He thinks he held his own in the game.

"I thought I played pretty good for the position they had me playing," Walker, who played middle guard.

"There was only one sack on our side. I'd say the offensive and defensive linemen were pretty balanced."

Walker said there were no head-to-head drills in the four mini-camps he attended, which were in Tampa, Detroit, Seattle and New York.

He said the camps mainly provided the scouts from each team a chance to give players physicals, test for drug use, give agility drills and get to know the players.

What Walker said he got out of the camps was a lot of wining and dining, and a collection of T-shirts, stickers, and hats from almost every NFL team, a collection that would be the envy of any sports memorabilia collector.

Walker said he would like to be drafted by a team in a warmer climate, like Florida or Texas. "But I don't have any control over that," he said.

He also wants to go to a team that will take the time to let him learn and adjust to the NFL style of play.

"I wouldn't want to go to a team that expects me to jump in right away. I'd like to play behind someone for a year or two," he said.

"But I am sure I can play NFL football."

Walker is looking forward to the chance to play pro football, but the anxiety of the draft is something he can do without.

"Two weeks from today (draft day), I'll be sitting at home, probably drinking a lot of coffee."


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'Fearless' Fenton picks Yanks, Chisox, Expos, Padres

By Bob Fenton

It's that time of year again.

The major league baseball season opened last week, and it appears there's going to be good, close races in all four divisions. It's time again for me to shed a little wisdom on those races, to say where I think they'll be come October.

You may remember me from last summer. I made mid-season predictions, and managed to pick just one of the four division winners.

You might ask, if I can't pick the winners when the season is half over, what business do I have trying to pick them in April?

Well, the best thing about baseball is that there is no last year. This is a new season, everybody starts off in first place in April, even prognosticators.

So, here are Fearless Fenton's second Biennial Predictions, beginning with the American League East.

A.L. East

There are four, and possibly five teams that could win this, the toughest division in baseball.

The leading contender is, of course, the defending American League champion Milwaukee Brewers. Harvey Kuehn's Wall-bangers return the entire team that slugged 216 homers last year. AL MVP Robin Yount is back at short.

However, nearly everyone on the Brewers had his best season ever last year. By the law of averages, they can't be expected to do the same this season.

It's those damn Yankees that have the most talent in the division; the question is will it produce. If New York doesn't win the division, George Steinbrenner may have more apologies to make to the fans.

Apologies were common last year, when the Yankees sunk to fifth in the division with a 79-82 record. But King George rebuilt the machine with his checkbook, signing free agent slug-gers Don Baylor and Steve Kemp. As much as I hate to say it,

they are the team to beat.

But don't overlook the Baltimore Orioles, who finished a mere game behind Milwaukee last year. With the addition of a couple of highly touted rookies, they could very well be one game better.

The Orioles basically stood pat, except at manager where Joe Altobelli replaces the retired Earl "The Dream" Weaver, who never had a losing season in his 14 years at the Oriole helm.

The Red Sox are a fourth contender, but I'm not sure why. I wasn't sure why they were in contention last September, but they were. The Bosox added a solid bat in Tony Armas, and possess the best bullpen in baseball.

Among the others, the Detroit Tigers are young but talented, the Toronto Blue Jays should emerge from the cellar for the first time ever, giving that distinction to the struggling Cleveland Indians.

A.L. West

The AL West is tougher to pick. There isn't a team here without a weakness.

The White Sox have an overloaded pitching staff, especially after picking up free agent prize Floyd Bannister. For those who value solid pitching, like me, the Sox are the pick of the West.

The Kansas City Royals led the league in hitting last year, and no one is more suited for Royals Stadium, where KC takes advantage of its speed and solid defense on the slick artificial turf.

However, Dennis Leonard must come back from a broken knuckle, and the Royals will have to expect more from Vida Blue.

It's hard to find a fault in the everyday lineup of the California Angels, my No. 3 pick, with three former AL MVPs on the roster.

The departure of a fourth (Baylor) could hurt, but the Angels have much bigger problems on the mound. The starters are old, and the bullpen was almost non-existent, last year.

Among the also rans, the improving Seattle Mariners should climb to fourth, and the A's will be next in a transitional year. Dave Hostetler won't save Texas from another near-100 loss season, but the Minnesota Twins will save the Rangers from a last-place finish.

N.L. East

In the National League East, it's hard to overlook the World Champion St. Louis Cardinals, but I'm going to.

Five years after emerging from the pack into a pennant con-tender, the Montreal Expos are still looking for their first pen-nant. This could be the year.

Bill Virdon, who had the same kind of can't-win-the-big-one history in Houston, is the new manager.

The Expos have All-Stars Gary Carter, Andre Dawson and Al Oliver in the lineup. Montreal's pitching is the best in the league. Don't be surprised if the Cardinals don't repeat as NL East champs, let alone world champs.

The Cards do return their whole team, a luxury you can take when you're at the top. If Bruce Sutter can come up with an-other 39 saves and 11 wins out of the bullpen, St. Louis could very well still be playing in late October.

They say with age comes wisdom, but you have to wonder how wise it was for the Philadelphia Phillies to go to an "age" movement.

Gone are nearly all the players off the 1980 world champs, replaced by geezers like Joe Morgan and Tony Perez. This team would have been great six years ago, this year they're no better than fourth.

The others: Pittsburgh has what it takes to go all the way, the Chicago Cubs are still the Chicago Cubs, and New York Mets fans will have to be patient with yet another young team.

N.L. West

The Los Angeles Dodgers should return to the top of the NL West. They have added a couple of kids from a farm team called the Dukes (Albuquerque), and they could cause hazards for NL pitchers (Boo!!).

The highly touted youngsters are Greg Brock (44 homers last year with the Dukes) and Mike Marshall (34 taters). The starting pitching is solid, but whatever bullpen they had departed with free agent Terry Forster. That could open the door for...

The San Diego Padres. Yes, they play baseball in San Diego. In fact, the Padres are ready to have their best season ever.

They were in contention at mid-season last year before in-juries ran the Padres down. With the acquisition of free agent Steve Garvey from the Dodgers, the Padres feel they're that much better.

Garvey should be their best first baseman since Mike (\$3 million airport, \$2.50 control tower) Ivie. The Padres also have the best young pitchers among the contenders.

Another contender is the Atlanta Braves, though I must pick them third, even with former UNO catcher Bruce Benedict behind the plate.

Atlanta's other young players are back, and they should be improved after attaining playoff experience last year. Pitching could be a problem, however, with the ageless Phil Niekro as the only established starter. Yet the Braves have been through adversity. Last year they rebounded from a stretch in which they lost 19 or 21 to win the division. Atlanta will find a way to win.

Among the others: The San Francisco Giants will find the going tough after letting top hitters Reggie Smith and Morgan slip away, the Astros have too few bats and too many injuries to finish in the upper division, and the Reds return the same team that finished 61-101 and in the cellar last year. Cincinnati will stay there.

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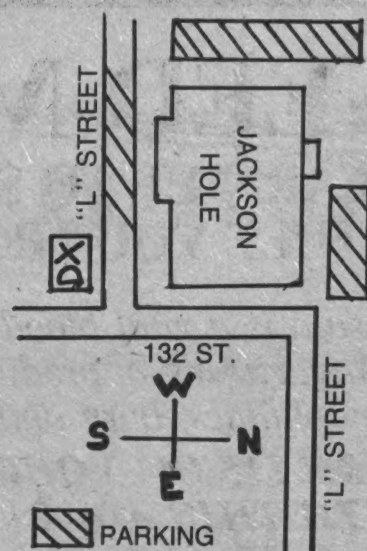
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Sport Notes

Best meets the best

It will be the best against the best in the UNO Red-White spring football game Sunday.

In the past two years the game, which marks the end of spring football practices, has matched the No. 1 offensive and defensive units against the No. 2 units. That made for some lop-sided games, said Maverick Coach Sandy Buda.

Buda this year is putting the No. 1 units on separate teams, meaning they will go head-to-head on the field. The No. 2 units will also be matched against each other.

The Red squad will feature the No. 1 offense and the No. 2 defense. The White team will have the No. 1 defense and the No. 2 offense, with the rest of the players divided among the squads.

"The game itself should be pretty even," said Buda. He expects a close game, at least one closer than last year's "best-against the rest" matchup.

Buda feels the spring season has answered some questions. "I felt pretty good. We know a little more about our younger kids," he said. "The depth on the offensive line has improved."

Buda said the spring has also born out something he already believed to be true: that this year's team will be the deepest at the skill positions of any of his previous six teams.

Buda said some new wrinkles have been added to the Mav attack this spring, but they won't be seen in Sunday's contest. "We'll be pretty vanilla on Sunday," Buda said. A film of the scrimmage will be exchanged with Northeast Missouri, UNO's opening opponent next fall.

Mankenberg completes recruiting

Lady Mav basketball coach Cherri Mankenberg completed her recruiting year with the Tuesday signing of Mary McCauley, a 6-2 post from Mounds View High School in St. Paul, Minn.

McCauley informed Mankenberg of her intentions to sign with the Lady Mavs Monday. Mankenberg flew to St. Paul Tuesday.

The signing of McCauley, along with last week's signing of Laura Anderson of Mount Pleasant, Iowa, Jackie Scholten, a 6-2 post from Winterset, Iowa, made Mankenberg's efforts successful on all of the players she was trying to recruit.

"I'm just real excited about it," Mankenberg said. "All three players are leaders in their schools and just good athletes. They'll fit in with the rest of our players real well."

McCauley averaged 26 points and 14 rebounds at Mounds View and was named first-team all-state.

Mankenberg is planning for McCauley to help out right away with the graduation losses of starting posts Mary Henke Anderson and Lisa Linthacum.

The signing let Mankenberg fulfill all of her recruiting needs. She had hoped to sign two posts and a shooting forward. "It was a big recruiting year for us," she said.

UNO Track Invitational

National meet qualifying performances will be the goals of both the UNO men's and women's track teams Saturday when they host the UNO Invitational at Al Caniglia Field.

With the season running down, both men's coach Don Patton and women's coach Bob Condon see the meet as one of the last chances for individuals to break Division II qualifying standards.

The Mavs have already qualified three for nationals — Dan

Bice in the high jump, Tim Freeburg in the hurdles and Tracy Slobodnik in the pole vault. Patton said the weather has hindered his team's pursuit for nationals.

"Everybody is getting a little antsy because they haven't had the chance," Patton said. "Once we get a break in the weather there will be some people cutting loose."

"That track coach in the sky has to help us out one of these days."

High jumpers Beth Kerschinske and Julie Gullett and distance runners Cheryl Fonley and Linda Elsasser have qualified among the women, but Condon is hoping for qualifying performances from Dena Mangiamale in the 10,000 and sprinters Kristi Bundy and Becky Wilson.

"We have some people that are really close," Condon said. "But we have this meet and conference, and that's it. We're going to have to have the weather and we'll have to have the effort."

Eight teams will be in the men's field Saturday. Condon is expecting 15-20 in the women's division. The meet will begin at 11 a.m.

Miner signs five

The UNO women's softball team had signed five area players to national letters of intent by Wednesday.

Joining the Lady Mavs next season will be Kathy Gass of Omaha Westside, Staci Cook of Papillion, Karen Antczak of Millard South, Karen Becker of Millard and Debbie Gildersleve of Omaha Northwest.

"I feel pretty good that I have those kids," Lady Mav Coach Chris Miner said. "I think as far as filling out my team it has gone real well."

Miner said Gass will play centerfield, Cook second base and shortstop, Antczak third base and outfield, Gildersleve first base and Becker catcher and outfield.

Miner said the signings are important because the Lady Mavs will lose the starting first baseman (Liz Mannix) and starting centerfield (Michelle Tovrea) off this year's team.

Miner said she would still like to sign a couple of pitchers. "I've yet to find my other ace," she said.

Lady Mav pitchers stingy in sweep of South Dakota

Jennie Pullen and Charyl Carl combined to limit South Dakota to nine hits as the UNO women's softball team swept a double-header in Vermillion, S.D., Monday.

Pullen shut the Coyotes out on a four-hit, no-walk performance as the Lady Mavs took the opener 2-0. Carl allowed five hits as UNO completed the sweep with an 8-2 win.

For the Lady Mav coaches, the double-header performance was a sign that the team was beginning to come around. The wins raised the Lady Mav record to 7-8.

"It just seemed like everything just jelled as far as pitching, fielding and bats," said Lady Mav assistant coach Val Seldon, coaching in the absence of Chris Miner, who was home sick. "That's kind of what pulled us around."

Pullen, 2-6, got all the runs she needed in the second inning of the opener.

Liz Mannix led off with a walk and scored on Michelle Tovrea's groundout.

UNO added an insurance run in the sixth when Karol Ulmer led off with a triple and scored on Rita Sommer's groundout.

After being held to three hits in the opener, the Lady Mav bats broke loose with 11 hits to back walk-on Carl, who raised her record to 5-1.

Tovrea and Ulmer were both three for four. Ulmer drove in two runs and Tovrea scored two.

The Lady Mavs clung to a 3-2 lead after five innings before scoring a single run in the sixth and four in the seventh to put the game away.

"At the top of the seventh, we just started pounding," Seldon said of the inning in which the Lady Mavs picked up five of their hits.

UNO won the game in the fourth, scoring two runs to break a 1-1 tie. Tovrea singled, Judy Novak walked and Ulmer singled to score Tovrea. The winning run came in on Sommer's sacrifice.

The Lady Mavs face Emporia State Saturday and College of St. Mary Monday in home games at Claussen-Westgate Field.



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What's Next

What's Next will appear in the Friday Gateway. Information for publication should be in the Gateway office by 1 p.m. the preceding Friday. Due to space limitations, priority will be given to timely announcements by student organizations.

Donate Blood

The Staff Advisory Council, in cooperation with the American Red Cross, is sponsoring a Blood Donor Day at UNO on Thurs., May 5. Students, faculty and staff are asked to participate. For more information, or to make an appointment, contact Rosalie at 2470.

Overcome Test Anxiety

A Relaxation and Self Hypnosis workshop will be held in the HPER Building, room 213 on Wednesday, April 27 from 3 to 6 p.m.

Learn to relax, improve your memory and concentration, overcome test anxiety, improve your athletic performance, increase motivation, and enhance your reading and comprehension. The fee is \$15. Contact Karen IN HPER room 207.

Softball Throw

All UNO students are welcome to attend a Softball Throw on Friday, April 29 at noon. The throw is co-sponsored by the Fantastic Four and Campus Recreation. It will be held at the UNO football field, south end. No entry fee is required. Trophies and ribbons given to the top three places for both the men's and women's divisions.

Ak-Sar-Ben Parking

The last day for the Ak-Sar-Ben shuttlebus this semester is Friday, April 29. The service will resume in the fall on Monday, Aug. 29.

Vehicles with valid parking permits may park in either the faculty/staff or student parking lots between semesters.

Fine Wines

The Creative Catering class is hosting a Fine Wines and Hors d'oeuvres event from 5 to 6:30 p.m. on Monday, April 25 at the Alumni House. Taste seven types of quality vintage wine. Admission is \$9 and attendance is limited. Call 3261 for more information.

Monkey Trials

Inherit the Wind, a play based on the 1925 Scopes "monkey trial" in which a man was accused of teaching the theory of evolution, will be running in the University Theatre, Arts and Sciences Hall tonight through Sunday at 8 p.m. General admission is \$3. Call 554-2335 for reservations.



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